

CHAPTER III
BREADS

ANGEL BISCUITS *
(Refrigerated yeast biscuit)

Makes 100 Servings.

Bake in 400° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Dry Yeast	¾ oz.	1 ½ pkgs	_____
Lukewarm water		1 ½ cups	_____
Unsifted flour	4 lbs. 2 oz.	4 qts. & ½ cup, (or 16 ½ cups)	_____
Soda		1 Tbsp.	_____
Baking Powder		1 Tbsp.	_____
Salt		1 Tbsp.	_____
Sugar	4 oz.	9 Tbsps.	_____
Vegetable shortening	1 lb. 2 oz.	2 ¼ cups	_____
Buttermilk **		1 ½ qts. (or 6 cups)	_____

** See page 43 in *Fruits and Vegetable Section – Chapter 2* for making Buttermilk from non-fat dry milk.

DIRECTIONS:

(All ingredients and utensils should be room temperature)

1. Dissolve yeast in lukewarm water.
2. Mix dry ingredients one minute on low speed using flat beater.
3. Cut shortening into dry ingredients using flat beater.
4. Add buttermilk and dissolved yeast. Beat until all flour is moistened.
5. Cover bowl and put in refrigerator until ready for use or roll on floured board to ½” thickness and cut into 2” squares.
6. Place on greased shallow pan.
7. Bake at 400° F. oven for 12 – 15 minutes or until done and brown.

Number of Portions	100
Size of Portion	1 each

Calories.....	121	Iron.....	0.93 Mg	Protein.....	2.50 G	8.29%
Cholesterol.....	3 Mg	Calcium.....	28.29 Mg	Carbohydrates.....	16.23 G	53.82%
Sodium.....	139 Mg	Vitamin A.....	1 RE	Total Fat	4.94 G	36.81%
Fiber.....	0.55 G	Vitamin C.....	0.14 Mg	Saturated Fat.....	1.97 G	14.69%

- Adapted from recipe in Louisville Times by West Point Elementary School, West Point, KY.

YEAST BISCUITS *

Makes 300 biscuits.

Bake in 400° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Yeast, dry	4 oz.	8 pkgs.	_____
Water, lukewarm		2 cups	_____
Sifted flour	12 ½ lbs.	12 ½ qts. (or 50 cups)	_____
Soda	1 1/8 oz.	3 Tbsps.	_____
Salt	2 oz.	3 Tbsps.	_____
Sugar		1 cup	_____
Shortening	3 lbs.	1 ½ qts. (or 6 cups)	_____
Sour Milk **		3 ½ qts. (or 14 cups)	_____

** See page 43 in Fruits and Vegetable Section for making Sour Milk from non-fat dry milk.

NOTE: All ingredients and utensils should be room temperature.

DIRECTIONS:

1. Dissolve yeast in lukewarm water.
2. Mix dry ingredients 1 minute at low speed.
3. Cut in shortening, add sour milk and water to yeast mixture.
4. Add liquid mixture to dry ingredients and mix, roll and cut biscuits.
5. Melt butter in baking pans and turn biscuits in butter.
6. Let rise about 2 hours.
7. Bake at 400° F. for about 10 – 15 minutes or until done. Keep hot until served.

Number of Portions	300
Size of Portion	1 each

Calories.....	121	Iron.....	1.10 Mg	Protein.....	2.85 G	9.63%
Cholesterol.....	3 Mg	Calcium.....	17.04 Mg	Carbohydrates.....	16.12 G	53.48%
Sodium.....	122 Mg	Vitamin A.....	1 RE	Total Fat	4.88 G	36.42%
Fiber.....	0.78 G	Vitamin C.....	0.12 Mg	Saturated Fat.....	1.93 G	14.39%

- Submitted by Mrs. Julia Cash, Former Manager, Dry Ridge Elementary School, Grant Co., KY.

HONEY BUNS *

Bake in 375° oven.

DIRECTIONS:

Use favorite yeast dough recipe. Make yeast dough following directions with recipe until dough is ready to form into rolls then use the following procedure:

1. Roll dough in a thin sheet about 12" long and ¼" thick.
2. Spread generously with filling and roll dough up tightly as for jellyroll. Place sealed side down on board.
3. Cut roll in 1 inch slices. Place in greased baking pans.
4. Let rise until double in bulk.
5. Bake at 375° F. for 20 to 25 minutes or until done and brown. After removing from oven, spread top with "Glaze for Sweet Rolls or Coffee Cake." Substitute fruit juice for boiling water if desired.

NOTE: 1 Tbsp. vanilla and 1 Tbsp. lemon juice may also be added.

Number of Portions	100
Size of Portion	1 each

Calories.....	329	Iron.....	1.98 Mg	Protein.....	4.90 G	5.95%
Cholesterol.....	34 Mg	Calcium.....	36.40 Mg	Carbohydrates.....	58.10 G	70.54%
Sodium.....	214 Mg	Vitamin A.....	88 RE	Total Fat	9.09 G	24.84%
Fiber.....	2.11 G	Vitamin C.....	0.28 Mg	Saturated Fat.....	1.79 G	4.88%

- Submitted by Mrs. Page Kirk, Baker, Owensboro Senior High School, Owensboro, KY.

FILLING FOR HONEY BUNS *

Makes filling for approximately 100 buns.

INGREDIENTS	WEIGHTS	MEASURES	
Brown Sugar	5 lbs.	15 cups	_____
Granulated sugar	1 lb.	1 pt. (or 2 cups)	_____
Cinnamon		½ cup	_____
Salt		1/3 tsp.	_____
Butter **	2 ¼ lbs.	4 ½ cups	_____

** Mrs. Kirk used the solids left in the bottom of pan, after clear butter had been used for seasoning vegetables.

DIRECTIONS:

1. Blend dry ingredients.
2. Add melted butter and blend; mixture should be the consistency of cream pie filling.
3. Prepare dough as directed in recipe on previous page (Page 86).

Number of Portions	100
Size of Portion	each

Calories.....	212	Iron.....	0.85 Mg	Protein.....	0.11 G	0.20%
Cholesterol.....	0 Mg	Calcium.....	37.85 Mg	Carbohydrates.....	37.85 G	70.20%
Sodium.....	111 Mg	Vitamin A.....	77 RE	Total Fat	7.74 G	32.77%
Fiber.....	0.30 G	Vitamin C.....	0.17 Mg	Saturated Fat.....	1.27 G	5.38%

- Submitted by Mrs. Page Kirk, Baker, Owensboro Senior High School, Owensboro, KY.

BASIC SWEET ROLL DOUGH *

Makes 28 lbs. of dough; (approximately), or 220 – 2 oz. rolls.

Bake in 375° oven.

or: 7 pans (18" x 26" x 1") rolls or
6 pans (18" x 26" x 1") kuchen or coffee cake

INGREDIENTS	WEIGHTS	MEASURES	
Dry Yeast	9 oz.	1 ¾ cups	_____
Sugar, granulated	3 lbs.	1 qt. & 2 cups	_____
Water, lukewarm		3 qts. (or 12 cups)	_____
Lard or shortening	1 ½ lbs.	3 cups	_____
Butter	2 lbs.	1 qt. (or 4 cups)	_____
Vanilla		¼ cup	_____
Food coloring, Yellow		1 tsp.	_____
Eggs, shell **		12	_____
Non-fat dry milk	15 oz.	3 cups	_____
Salt	2 oz.	¼ cup	_____
All purpose flour	14 lbs.	3 gal. & 1 cup	_____
** 2 cups sifted dried eggs and 2 cups of water may be substituted for shell eggs.			

DIRECTIONS:

1. Grease dough hook and 30 quart mixer bowl.
2. Dissolve yeast and 1 cup sugar in approximately 1 ½ qts. water and let stand 5 minutes.
3. Combine remainder of water, melted shortening, butter, flavoring, food coloring, and eggs in mixer bowl.
4. Add yeast mixture.
5. Add dry ingredients and mix at low speed until dough pulls away from sides of bowl.
6. Cover and let rest for 5 minutes.
7. Form dough into desired rolls, coffee cake or loaf.
8. For kuchen, use 4 ½ lbs. of dough for each 18" x 26" x 1" pan. Roll dough in buttered pan. Brush with butter; prick and let rise in warm place until dent remains when dough is pressed lightly with finger. Use favorite topping or see suggestions under Toppings and Glazes for Breads.
9. Bake in 375° F. oven for 25 minutes or until done. (For convection oven, adjust baking time.)

Number of Portions	220
Size of Portion	2 oz.

Calories.....	199	Iron.....	1.64 Mg	Protein.....	4.52 G	9.10%
Cholesterol.....	13 Mg	Calcium.....	28.35 Mg	Carbohydrates.....	29.72 G	59.86%
Sodium.....	143 Mg	Vitamin A.....	38 RE	Total Fat	6.73 G	30.49%
Fiber.....	1.10 G	Vitamin C.....	0.12 Mg	Saturated Fat.....	1.89 G	8.56%

- Demonstrated by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY at "Dough Talk", American School Food Service Association Convention, Louisville, August 1965.

HOT CROSS BUNS *

Makes approximately 200, 2 oz. buns.

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**Recipe of *Basic Sweet Roll Dough*
(Previous page – Page 87)

28 lbs.

Raisins or currants

1 lb., 5 1/3 oz.

1 qt.

Cinnamon

4 tsps.

Nutmeg

4 tsps.

DIRECTIONS:

1. Add raisins or currants, cinnamon, and nutmeg to dry ingredients in *Basic Sweet Roll Dough*. (Page 87)
2. Follow directions for mixing *Basic Sweet Roll Dough* and shape into 2 oz. rolls. Let rise in a warm place.
3. Bake when rolls will retain dent when pressed with finger.
4. Rolls should be baked at 375° F. for 20 minutes or until done; cool slightly.
5. Make cross on buns with “*Glaze for Sweet Rolls or Coffee Cake*”. (Next page – Page 90) Put glaze in quart measuring cup with pouring lip and pour from cup.

Number of Portions	200
Size of Portion	2 oz.

Calories.....	208	Iron.....	1.72 Mg	Protein.....	4.62 G	8.98%
Cholesterol.....	13 Mg	Calcium.....	30.42 Mg	Carbohydrates.....	32.08 G	61.78%
Sodium.....	143 Mg	Vitamin A.....	38 RE	Total Fat	6.76 G	29.29%
Fiber.....	1.25 G	Vitamin C.....	0.23 Mg	Saturated Fat.....	1.91 G	8.26%

- Demonstrated by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY at “*Dough Talk*”, American School Food Service Association Convention, Louisville, August 1965.

GLAZE FOR SWEET ROLLS OR COFFEE CAKE ***INGREDIENTS**

Powdered Sugar

Boiling water

Vanilla

WEIGHTS

2 lbs.

½ oz.

MEASURES

6 cups

¾ cup

2 Tbsps.

DIRECTIONS:

1. Add boiling water and vanilla to powdered sugar and mix.

Number of Portions	100
Size of Portion	1 each

Calories.....	29	Iron.....	0.00 Mg	Protein.....	0.00 G	%
Cholesterol.....	0 Mg	Calcium.....	0.14 Mg	Carbohydrates.....	7.20 G	100.11%
Sodium.....	0 Mg	Vitamin A.....	0 RE	Total Fat	0.01 G	0.23%
Fiber.....	0.00 G	Vitamin C.....	0.50 Mg	Saturated Fat.....	0.00 G	%

- Demonstrated by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY at “Common Ditties”, American School Food Service Association Convention, Louisville, August 1965.

CINNAMON SUGAR TOPPING *
(For muffins, sweet rolls or coffee cakes)

Makes 2 qts. topping.

Spreads 2 pans (18" x 26" x 1") coffee cake.

INGREDIENTS

Sugar

Cinnamon

WEIGHTS

4 lbs.

1 oz.

MEASURES

2 qts. (or 8 cups)

¼ cup

DIRECTIONS:

Mix sugar and cinnamon. Brush muffins, rolls or coffee cake with melted butter and spread with topping before baking.

Number of Portions	100
Size of Portion	1 Tbsp.

Calories.....	208	Iron.....	1.72 Mg	Protein.....	4.62 G	8.98%
Cholesterol.....	13 Mg	Calcium.....	30.42 Mg	Carbohydrates.....	32.08 G	61.78%
Sodium.....	143 Mg	Vitamin A.....	38 RE	Total Fat	6.76 G	29.29%
Fiber.....	1.25 G	Vitamin C.....	0.23 Mg	Saturated Fat.....	1.91 G	8.26%

- Submitted by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY.

PEANUT BUTTER CRUNCH KUCHEN OR COFFEE CAKE *

Makes 100 servings 1 ¾" x 2 ½".

Bake in 375° oven.

Makes 3 quarts topping for 3 pans (18" x 26" x 1") of kuchen or coffee cake
(1 quart topping per pan of kuchen)

Use 4 ½ lbs. *Basic Sweet Roll Dough*, (page 88) each pan.

INGREDIENTS

WEIGHTS

MEASURES

Peanut butter

2 ½ lbs.

4 ¼ cups

Flour, unsifted

1 lb.

4 cups

Brown sugar

1 ½ lbs.

4 ½ cups

DIRECTIONS:

1. Roll dough in pan, butter top, prick, and let rise until dent remains when pressed lightly with finger.
2. Mix flour, brown sugar, peanut butter; blend to crumb stage.
3. Spread on top of buttered kuchen when it is ready to put in oven.
4. Bake at 375° F. for 25 minutes or until done. Dust with powdered sugar if desired.
5. Cut in squares and SERVE WARM.

Number of Portions	100
Size of Portion	1 each

Calories.....	319	Iron.....	2.27 Mg	Protein.....	7.80 G	9.77%
Cholesterol.....	13 Mg	Calcium.....	41.72 Mg	Carbohydrates.....	45.32 G	56.79%
Sodium.....	198 Mg	Vitamin A.....	38 RE	Total Fat	12.37 G	34.88%
Fiber.....	1.88 G	Vitamin C.....	0.12 Mg	Saturated Fat.....	3.03 G	8.54%

Demonstrated by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY at "*Dough Talk*", American School Food Service Association Convention, Louisville, August 1965.

CORN MEAL MIX I *

Makes 2.8 gallons

INGREDIENTS**WEIGHTS****MEASURES**

All-purpose flour

4 lbs.

4 qts. (or 16 cups)

Salt

2 oz.

 $\frac{1}{4}$ cup

Sugar

1 lb. & 4 $\frac{1}{3}$ oz.2 $\frac{2}{3}$ cups

Baking powder

6 $\frac{1}{2}$ oz.

1 cup

Shortening, hydrogenated

2 lbs.

1 qt. (or 4 cups)

Corn meal

6 lbs.

4 $\frac{1}{2}$ qts. (or 18 cups)**DIRECTIONS:**

1. Weigh or measure flour; add salt, sugar, and baking powder. Stir to blend.
2. Cut in shortening with pastry blender, electric mixer, etc., until lumps are finely distributed. Add corn meal and mix.
3. Measure by piling lightly into cup and leveling with spatula.

Number of Portions	224
Size of Portion	1 each

Calories.....	117	Iron.....	0.99 Mg	Protein.....	1.87 G	6.40%
Cholesterol.....	2 Mg	Calcium.....	59.85 Mg	Carbohydrates.....	18.29 G	62.68%
Sodium.....	231 Mg	Vitamin A.....	5 RE	Total Fat	3.94 G	30.39%
Fiber.....	1.12 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	1.52 G	11.68%

- Adapted from *Recipes* by Purdue University.

CORN MEAL MUFFINS OR CORN BREAD I *

Makes 100 servings.

Bake in 425° oven.

INGREDIENTS**MEASURES**

Shell eggs **

8

Fluid milk

2 ½ qts. (or 10 cups)

Corn meal mix

5 qts. (or 20 cups)

** 1 ½ cups sifted dried whole eggs and 1/4 cups water may be substituted for eggs. 2 ½ cups dry milk and 2 ½ qts. water equals 2 ½ qts. fluid milk.

DIRECTIONS:

1. Measure corn meal mix. Beat eggs and milk.
2. Add corn meal mix to egg-milk mixture. Stir to blend.
3. Fill greased muffin pans 2/3 full or pour into two, 18" x 26", greased pans.
4. Bake in hot oven – 425° F. about 25 minutes or until done and brown.

Number of Portions	100
Size of Portion	1 each

Calories.....	66	Iron.....	0.56 Mg	Protein.....	3.17 G	19.34%
Cholesterol.....	35 Mg	Calcium.....	50.18 Mg	Carbohydrates.....	10.02 G	61.03%
Sodium.....	323 Mg	Vitamin A.....	23 RE	Total Fat	1.32 G	18.06%
Fiber.....	0.77 G	Vitamin C.....	0.38 Mg	Saturated Fat.....	0.49 G	6.66%

- Adapted from Recipes by Purdue University.

CORN MEAL MIX II *
(without flour)

Makes approximately 4 gallons.

INGREDIENTS	WEIGHTS	MEASURES	
Meal	10 lbs.	7 ½ qts. (or 30 cups)	_____
Soda		½ cup & 2 Tbsps.	_____
Salt	5 oz.	½ cup & 2 Tbsps.	_____

DIRECTIONS:

1. Measure or weigh meal, soda and salt.
2. Stir to blend.
3. Store in covered large mouth jars or tin cans.
4. Do not refrigerate.
5. Measure mix by piling lightly into cup and leveling with spatula.

Number of Portions	400
Size of Portion	1 each

Calories.....	38	Iron.....	0.43 Mg	Protein.....	0.88 G	9.27%
Cholesterol.....	0 Mg	Calcium.....	0.63 Mg	Carbohydrates.....	8.04 G	84.90%
Sodium.....	272 Mg	Vitamin A.....	4 RE	Total Fat	0.17 G	4.06%
Fiber.....	0.77 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	0.02 G	0.55%

- Adapted from Recipes by Purdue University.

CORN MEAL MUFFINS OR CORN BREAD II *

Makes 100 servings.

Bake in 425° oven.

INGREDIENTS**MEASURES**

Shell eggs **

16

Buttermilk

1 gal. (or 16 cups)

Corn Meal Mix II

1 gal. (or 16 cups)

** 2 2/3 cups sifted dry eggs and 2 2/3 cups water may be substituted for shell eggs.

DIRECTIONS:

1. Beat eggs lightly and add milk. Stir into the mix until well blended.
2. Fill greased muffin tins 2/3 full or pour into two 18" x 26" greased pans.
3. Bake muffins in a 425° F. oven for 15 to 20 minutes. Bake cornbread at 425° F. approximately 25 minutes or until done and brown.

Number of Portions	100
Size of Portion	1 each

Calories.....	138	Iron.....	1.06 Mg	Protein.....	3.17 G	9.21%
Cholesterol.....	22 Mg	Calcium.....	90.94 Mg	Carbohydrates.....	19.48 G	56.59%
Sodium.....	248 Mg	Vitamin A.....	20 RE	Total Fat	5.16 G	33.71%
Fiber.....	1.12 G	Vitamin C.....	0.23 Mg	Saturated Fat.....	2.15 G	14.03%

- Adapted from Recipes by Purdue University.

CORNMEAL ROLLS *

Makes 200 rolls.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Sugar, granulated

½ cup

Yeast, dry

½ cup

Water, warm

1 qt. (or 4 cups)

Sugar, granulated

1 ¼ cups

Dry milk

2 ¼ cups

Salt

2 Tbsps.

Flour

5 ½ qts.

Cornmeal

1 qt. 3 1/3 cups

Shortening

1 lb.

1 pt. (or 2 cups)

Water, warm

2 qts. (or 8 cups)

DIRECTIONS:

1. Dissolve first 3 ingredients. Set aside to rise.
2. Put dry ingredients and shortening into mixes.
3. Pour in yeast mix and warm water. Mix well.
4. Let rise until double in bulk (about 1 hr.)
5. Bake into plain rolls, kuchen or sweet rolls.
6. Bake at 350° F. for 20 minutes or until done and brown.

Number of Portions	200
Size of Portion	1 each

Calories.....	90	Iron.....	0.82 Mg	Protein.....	2.29 G	10.16%
Cholesterol.....	1 Mg	Calcium.....	19.80 Mg	Carbohydrates.....	14.92 G	66.30%
Sodium.....	79 Mg	Vitamin A.....	1 RE	Total Fat	2.26 G	22.54%
Fiber.....	0.64 G	Vitamin C.....	0.09 Mg	Saturated Fat.....	0.86 G	8.62%

- Submitted by Mrs. William Dietrick, Manager of St. Albert the Great School, Louisville as a great way to use cornmeal.

RICE MUFFINS *

Makes 100 muffins.

Bake in 425° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Flour	4 qts. 2 oz.	4 qts & ½ cup	_____
Sugar	1 lb.	2 cups	_____
Baking powder	6 oz.	1 cup	_____
Salt	1 oz.	2 Tbsps.	_____
Shell eggs **		13 or 2 2/3 cups	_____
Milk		1 qt & ¼ cup	_____
Shortening, melted	12 oz.	1 ½ cups	_____
Cooked rice	4 lbs.	2 ¾ qts.	_____

** 2 cups, 2 ½ Tablespoons sifted dried whole eggs and 2 cups 2 ½ Tablespoons water may be substituted for the shell eggs.

DIRECTIONS:

1. Blend dry ingredients five minutes. Combine liquids, stir only until dry ingredients are moist. Stir in rice. Portion with a No. 16 scoop (1/4 cup) into greased muffin pans or bake in 18" x 26" x 2 ½" pan and cut in squares.
2. Bake at 425° F., (pre-heated) for 15 minutes or until brown.

Number of Portions	100
Size of Portion	1 each

Calories.....	158	Iron.....	1.51 Mg	Protein.....	3.75 G	9.48%
Cholesterol.....	31 Mg	Calcium.....	150.26 Mg	Carbohydrates.....	25.79 G	65.31%
Sodium.....	456 Mg	Vitamin A.....	16 RE	Total Fat	4.32 G	24.63%
Fiber.....	0.63 G	Vitamin C.....	0.10 Mg	Saturated Fat.....	1.70 G	9.69%

- From Card B-14, *Recipes for Type-A School Lunches*, U. S. Department of Agriculture, PA-271, Revised, July 1958.

DOUGHNUTS *

Makes 200 doughnuts.

DIRECTIONS:

1. Use same cornmeal rolls recipe as per previous page (Page 98) and add 1 ½ teaspoons nutmeg (or according to taste).
2. Cut.
3. Let rise until double in bulk.
4. Fry until golden brown.
5. Roll in powdered sugar while hot

Number of Portions	224
Size of Portion	1 each

Calories.....	117	Iron.....	0.99 Mg	Protein.....	1.87 G	6.40%
Cholesterol.....	2 Mg	Calcium.....	59.85 Mg	Carbohydrates.....	18.29 G	62.68%
Sodium.....	231 Mg	Vitamin A.....	5 RE	Total Fat	3.94 G	30.39%
Fiber.....	1.12 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	1.52 G	11.68%

- Submitted by Sister Ann Bell, Former Director, School Food Service Program, Louisville Catholic School Office, Louisville, KY.

DINNER ROLLS *

(Use Mixer)

Makes 250, 1 ½ oz. to 2 oz. rolls.

Bake in 400° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Flour	14 lbs.	14 qts. (or 3 ½ gal.)	_____
Dry yeast	5 oz.	18 pkgs.	_____
Salt	4 oz.	½ cup	_____
Non-fat dry milk	1 lb.	3 cups	_____
Water, lukewarm		15 cups (or 3 qts. & 3 cups)	_____
Sugar	1 ½ lbs.	3 cups	_____
Shortening, <u>or</u>			
butter margarine or	2 lbs.	1 qt. (or 4 cups)	_____
Shell eggs **		6	_____

** 1 cup sifted dried whole eggs and 1 cup water may be substituted for the shell eggs.

DIRECTIONS:

1. Weigh or measure flour, dried milk and salt; stir to mix.
2. Add ½ lb. or 1 cup of the sugar and the yeast to half of mixing bowl.
3. Add remaining sugar and slightly beaten eggs to mixture.
4. Add yeast mixture and dry ingredients, mixing at low speed.
5. Mix dough for about 15 minutes or until it pulls away from the sides of the bowl.
6. Let dough rest for 5 minutes. Shape into dinner rolls. Brush with melted butter.
7. Let rise until double in size (approximately 45 minutes).
8. Bake in 400° F. oven for 15 minutes or until brown and done.
9. This dough is used for buns, pizza, cinnamon rolls, and coffee cake.

Number of Portions	250
Size of Portion	2 oz.

Calories.....	140	Iron.....	1.30 Mg	Protein.....	3.51 G	10.04%
Cholesterol.....	7 Mg	Calcium.....	23.31 Mg	Carbohydrates.....	22.76 G	65.06%
Sodium.....	237 Mg	Vitamin A.....	2 RE	Total Fat	3.69 G	23.71%
Fiber.....	0.80 G	Vitamin C.....	0.10 Mg	Saturated Fat.....	1.41 G	9.06%

- Demonstrated by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY at "Common Ditties", American School Food Service Association Convention, Louisville, August 1965.

FAIRDALE SPEEDY ROLLS *

(Mix by hand or mixer or VCM)

Makes 200 – 1 ½ oz. rolls.

Bake in 400° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Flour

10 lbs.

10 qts.

Salt

1 1/3 oz.

¼ cup

Sugar

1 lb. 5 oz.

3 cups

Non-fat dry milk

1 pt. (or 2 cups)

Dried whole eggs

2 cups

Butter or margarine

½ lb.

1 cup

Dry yeast

3 ¾ oz.

¾ cup

Warm water

3 ½ qts. (or 14 cups)

DIRECTIONS:

Measure out dry ingredients the day before and leave in covered container overnight. Leave butter or margarine at room temperature overnight, also.

Hand Mixing

1. Mix yeast in 1 qt. of lukewarm water and let stand for 10 minutes.
2. Add dried eggs to other dry ingredients and fluff or stir.
3. Add softened butter or margarine, remaining water and yeast mixture to other dry ingredients. Mix well. Shape dough into ball and let rise in warm place until double in bulk.
4. Butter hands and shape into bubble rolls.
5. Place on greased 18" x 26" x 1" baking sheet – 48 rolls per pan.
6. Let rolls rise until double in bulk (about 45 minutes).
7. Bake at 400° F. in conventional oven for 20 minutes or at 350°F.

Mixer Method

1. Follow instructions for hand mixing except:
2. Run dry ingredients for 3 minutes at low speed after adding dried eggs. Use dough hook. Add other ingredients.
3. Continue mixing at medium speed until dough clings to dough hook.

VCM Method

1. Follow directions for hand mixing, except:
2. Add yeast to water in VCM and run 60 seconds using dough baffle. Stir with spatula to be sure yeast is softened.
3. Add all other ingredients and run 60 seconds. Dough clings to baffle when mixing is complete

Number of Portions	200
Size of Portion	1 ½ oz.

Calories.....	115	Iron.....	1.22 Mg	Protein.....	3.49 G	12.19%
Cholesterol.....	8 Mg	Calcium.....	24.94 Mg	Carbohydrates.....	21.46 G	74.91%
Sodium.....	158 Mg	Vitamin A.....	13 RE	Total Fat	1.51 G	11.87%
Fiber.....	0.76 G	Vitamin C.....	0.18 Mg	Saturated Fat.....	0.29 G	2.31%

- Submitted by Mrs. Dorothy Rennirt, Manager, Fairdale High School, Jefferson Co., KY.

GRANDMA SMITH'S HONEY WHEAT ROLLS *

Makes 320 – 1 ½ oz. rolls.

Bake in 375° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Dry yeast	5 ½ oz.	1 cup & 1 Tbsp.	_____
Warm water		15 cups (or 3 qts. & 3 cups)	_____
Sugar	8 oz.	1 cup	_____
Melted shortening	1 ½ lbs.	3 cups	_____
Honey		1 qt. (or 4 cups)	_____
Flour	14 lbs.	3 gals. & 1 cup	_____
Rolled Wheat or Rolled Oats		9 cups (or 2 qts. & 1 cup)	_____
Non-fat dry milk	1 lb.	3 cups	_____
Eggs		12	_____
Salt	3 oz.	6 Tbsps.	_____
Raisin		1 qt. (or 4 cups)	_____

DIRECTIONS:

1. Dissolve yeast and sugar in 8 cups or 2 qts. of warm water in mixer bowl.
2. Combine remaining warm water, 7 cups, melted shortening and hone in mixer bowl. Add yeast mixture to other liquids in mixer bowl.
3. Combine dry ingredients and add to liquids in mixer and mix until dough leaves sides of bowl. Let dough rest 5 minutes.
4. Shape into rolls and brush with melted butter. Let rise until double in size.
5. Bake at 375°F. for 20 minutes or until done and brown.

BROWN AND SERVE ROLLS *: After dough has been shaped, bake rolls 30 minutes at 250°F. Rolls may then be held several hours at room temperature or refrigerated until next day. To brown, bake about 7 minutes at 425°F. in conventional oven.

HAMBURGER ROLLS *: follow directions for rolls except after shaping, “Flatten rolls approximately 3 inches in diameter.” (after portioning these rolls and placing them on a lightly greased sheet pan, flatten them by placing another greased sheet pan on tom of them and pressing on it). Allow enough space between rolls so them may rise and spread.

PRE-CUT HAMBURGER ROLLS *: After dough has been punched down, roll dough to ½” thick. Brush ½ or rolled dough with melted butter. Fold over dough cut though both layers of dough using 3 ½” cutter or use French Knife and cut dough into 3 ½” squares. Place on lightly greased baking sheet. Bake at 400°F. in conventional oven until done and brown. Rolls may be pulled apart after baking.

Number of Portions	320
Size of Portion	1 ½ oz.

Calories.....	64	Iron.....	0.40 Mg	Protein.....	1.68 G	10.56%
Cholesterol.....	9 Mg	Calcium.....	19.27 Mg	Carbohydrates.....	9.29 G	58.33%
Sodium.....	142 Mg	Vitamin A.....	42 RE	Total Fat	2.46 G	34.69%
Fiber.....	0.67 G	Vitamin C.....	0.16 Mg	Saturated Fat.....	0.90 G	12.68%

- Submitted by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY.

JELLY ROLL *
(Using Cranberry Sauce)

Makes 100 servings.

Bake in 425° oven.

INGREDIENTS

WEIGHTS

MEASURES

Flour	3 lbs.	3 qts. (or 12 cups)	_____
Sugar		1 ½ cups	_____
Baking powder		1 cup	_____
Salt		¼ cup	_____
Soda		1 tsp.	_____
Shortening	1 ¼ lb.	2 ½ cups	_____
Buttermilk		½ gal.	_____

DIRECTIONS:

1. Blend dry ingredients 5 minutes in mixer on low speed. Cut in fat.
2. Add buttermilk to make soft dough.
3. Turn out on a lightly floured board, divide into halves; knead lightly about 1 minute.
4. Roll thin (about ¼" thick). Brush with melted butter.
5. Spread jelly over butter and roll up like jelly roll.
6. Cut in pieces about 1" thick and bake as for plain biscuits.
7. Pour glaze over while warm.

FOR JELLY:

Heat ½ No. 10 can cranberry sauce with 1 ½ cups sugar. Mixture will get clear like jelly.

Number of Portions	100
Size of Portion	1 each

Calories.....	169	Iron.....	0.93 Mg	Protein.....	2.09 G	4.95%
Cholesterol.....	4 Mg	Calcium.....	155.54 Mg	Carbohydrates.....	28.40 G	67.38%
Sodium.....	555 Mg	Vitamin A.....	2 RE	Total Fat	5.46 G	29.13%
Fiber.....	0.54 G	Vitamin C.....	0.52 Mg	Saturated Fat.....	2.20 G	11.72%

- Submitted by Mrs. Ruby Fossom, Manager, Hagar Elem. School, Ashland, KY. Recommended by Mrs. Juanita Kocio, Former Director Ashland School Lunch Program, Ashland, KY.

REFRIGERATOR ROLLS *

Makes 120 rolls.

Bake in 400° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Mashed potatoes, if desired

2 cups (or 1 pt.)

Yeast

2 cakes (or pkgs.)

Water

5 ½ cups

Flour

4 ½ lbs.

4 ¼ qts. (or 17 cups)

Non-fat dry milk

10 oz.

2 cups (or 1 pt.)

Salt

½ oz.

1 Tbsp.

Sugar

8 oz.

1 cup

Fat

1 lb.

2 cups (or 1 pt.)

Shell eggs **

2

** 1/3 cup sifted dried whole eggs and 1/3 cup water may be substituted for the shell eggs.

DIRECTIONS:

1. Use small amount of water to cook potatoes, drain and mash.
2. Dissolve yeast in 1 cup of the water.
3. Beat together fat, sugar, salt, eggs and potatoes if used.
4. Sift together dry ingredients and add to mixture. Beat thoroughly.
5. Cover, place in refrigerator overnight or several hours.
6. Knead, shape into rolls, turn in melted butter or fat. Let rise until doubles in size.
7. Bake until done and brown in 400° F. oven, about 10 to 15 minutes.

TIPS:

- Biscuit or roll dough may be rolled out in the bun pan, and then cut into squares, diamond shapes, etc., using a knife instead of a biscuit cutter. This saves reworking rolling the dough scraps.
- Roll out and bake cobbler crust on a cookie sheet and then cut into squares and place on the warm fruit, which has been cooked, thickened, and portioned into serving dishes.

Number of Portions	120
Size of Portion	1 each

Calories.....	112	Iron.....	0.83 Mg	Protein.....	2.67 G	9.56%
Cholesterol.....	6 Mg	Calcium.....	30.14 Mg	Carbohydrates.....	16.29 G	58.21%
Sodium.....	83 Mg	Vitamin A.....	2 RE	Total Fat	3.88 G	31.23%
Fiber.....	0.56 G	Vitamin C.....	0.47 Mg	Saturated Fat.....	1.56 G	12.55%

- From Kentucky *School Lunch Tips*, April 1949.

ST. HELEN'S QUICK ROLLS *
(Good Hamburger or Hot Dog Buns)

Makes 225 large rolls.

Bake in 400° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Yeast, fresh bulk or dry yeast	14 ½ oz.	1 ¼ cups	_____
Warm water		3 ¾ qts. (or 15 cups)	_____
Sugar	1 lb. 4 oz.	2 ½ cups	_____
Soft shortening	1 lb. 10 2/3 oz.	3 1/3 cups	_____
Shell eggs **		10	_____
Salt	2 ½ oz.	5 Tbsps.	_____
Flour	12 lbs.	2 ½ gals. (or 10 qts.)	_____

** 1 2/3 cup sifted dry whole eggs and 1 2/3 cups water may be substituted for the shell eggs.

DIRECTIONS:

1. Dissolve yeast in 2 quarts of the warm water.
2. Put remainder of warm water in mixing bowl, add shortening, beaten eggs and salt. Mix well. Add yeast to the other ingredients add flour and beat.
3. Let rise in mixing bowl until double in bulk.
4. Beat dough on No. 2 speed and add enough flour so dough will pull away from sides of bowl.
5. Roll on floured board and cut. Place rolls on greased baking sheets.
6. Let rise until double in bulk (usually 20 to 30 minutes).
7. Bake in 400° F. oven (pre-heated) for 15 to 20 minutes or until done and brown. **SERVE HOT.**

Number of Portions	225
Size of Portion	1 each

Calories.....	131	Iron.....	1.34 Mg	Protein.....	3.19 G	9.76%
Cholesterol.....	11 Mg	Calcium.....	5.84 Mg	Carbohydrates.....	21.13 G	64.77%
Sodium.....	162 Mg	Vitamin A.....	4 RE	Total Fat	3.55 G	24.45%
Fiber.....	0.88 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	1.34 G	9.22%

- Submitted by Mrs. Waunita Willman, Former Manager, St. Helen Elementary, Shively, KY.

FRENCH BREAD *

Makes 8 loaves.
(12 to 14 slices per loaf)

Bake in 450° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Compressed yeast

10 oz.

1 ¾ cups & 5 tsps.

Butter or margarine, melted

8 oz.

1 cup

Salt

2 oz.

¼ cup

Sugar, granulated

8 oz.

1 1/8 cup

Flour, all-purpose

7 to 8 lbs.

7 to 8 qts.

Water, lukewarm

½ gal. (or 2 qts.)

Egg whites

2 ¼ oz.

4 (large)

Water

2 oz.

4 Tbsps.

DIRECTIONS:

1. Weigh all ingredients as listed; attach dough hook to mixer.
2. Put lukewarm water in mixing bowl.
3. Add all ingredients to water as listed.
4. Mix on low speed about 1 minute; turn to medium speed and mix until dough leaves sides and bottom of bowl, about 10 to 15 minutes.
5. Let dough rest on a board about 10 minutes.
6. While dough is resting, grease 2 pans, 18" x 26" x 1 ½".
7. Divide dough into 8 equal portions.
8. Roll each portion into an oblong 10" x 15". Beginning at wide side, roll up tightly toward you, seal edges by pinching together. Taper ends by rolling gently back and forth.
9. Place 4 loaves on each greased baking pan sprinkled with cornmeal.
10. Let rise until doubled in bulk.
11. Make 4 diagonal slashes in each loaf.
12. Bake in pre-heated oven - 450° F. for 25 minutes or until done.
13. Remove from oven and brush with egg whites mixed with cold water. Return to oven and bake 5 minutes. Cool before slicing and serving.

Number of Portions	96
Size of Portion	1 each

Calories.....	167	Iron.....	1.86 Mg	Protein.....	4.23 G	10.15%
Cholesterol.....	0 Mg	Calcium.....	7.30 Mg	Carbohydrates.....	31.76 G	76.09%
Sodium.....	298 Mg	Vitamin A.....	19 RE	Total Fat	2.31 G	12.47%
Fiber.....	1.26 G	Vitamin C.....	0.01 Mg	Saturated Fat.....	0.42 G	2.25%

- Demonstrated by Mrs. Edna Lynn Radford, Former Director, Hickman Co. School Lunch Program, at "Dough Talk", American School Food Service Association Convention, Louisville, KY, August 1965.

HUSH PUPPIES *

Makes 100 hush puppies.

Fry at 375°F.

INGREDIENTS

Cornmeal
Salt
Soda
Onions, dry
Buttermilk or sour milk
Water

MEASURES

3 $\frac{3}{4}$ cups
1 $\frac{1}{4}$ tsps.
 $\frac{1}{2}$ tsp.
 $\frac{1}{2}$ cup
3 cups
1 cup

DIRECTIONS:

1. Combine dry ingredients and reconstituted onions.
2. Add buttermilk or sour milk.
3. Stir just until cornmeal is moistened.
4. Drop rounded teaspoon or small scoopful into deep fat at 375° F.
5. Fry until golden brown - - about 2 minutes.
6. Drain on paper and serve at once.

Number of Portions	100
Size of Portion	1 each

Calories.....	23	Iron.....	0.22 Mg	Protein.....	0.71G	12.36%
Cholesterol.....	0 Mg	Calcium.....	9.60 Mg	Carbohydrates.....	4.61 G	80.48%
Sodium.....	44 Mg	Vitamin A.....	3 RE	Total Fat	0.15 G	5.95%
Fiber.....	0.41 G	Vitamin C.....	0.28 Mg	Saturated Fat.....	0.05 G	2.05%

- Submitted by Sister Ann Bell, Former Director, School Food Service, Louisville Catholic School Office, Louisville, KY.

To make Loaf Bread – can use basic recipe for yeast bread or rolls.

1. Punch down. Shape into 5 loaves, 2 lbs. each. Mold and place in greased or silicone-treated bread pans (about 16 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ ").
2. Let rise in a warm place for 30 minutes or until almost double in bulk.
3. Bake at 375° F. to 400° F. for 20 to 30 minutes or until done and brown.
4. Cool on rack before slicing on slicer or by hand.

SALLY LUNN BREAD *

Makes 80 servings.

(Two large bun pans – 18” x 26” x 1”)

Cut 40 servings per pan, or 200 rolls

Bake in 350° oven.

Bake rolls in 400° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Dry yeast		½ cup	_____
Warm water		1 cup	_____
Sugar		4 tsps.	_____
<u>Start yeast to working by mixing first three ingredients</u>			
Butter or margarine	1 ½ lbs.		_____
Sugar		3 cups	_____
Eggs **		8 shell eggs (or see **below)	_____
Warm milk		2 qts.	_____
Flour	6 lbs	6 qts. (or 24 cups)	_____
Salt		4 tsps	_____
Baking powder		1 cup	_____

** 1 ¼ cups dried eggs and 1 ¼ cups water may be substituted for shell eggs.

DIRECTIONS:

1. Pour melted butter in mixing bowl. Add sugar and yeast mixture, then add eggs.
2. Sift together flour, salt and baking powder; add alternately with milk.
3. Mix until dough leaves bowl – more flour may be added.
4. Let rise ½ hour; work down. Roll ¼” thick, place in buttered pan.
5. Butter top. Roll another and place on top of first piece. Butter and let rise.
6. Bake at 350°F. for 45 minutes or until done and brown.

To make rolls:

1. Follow directions 1 – 5 above, then;
2. Dough may be rolled and cut or punched. Let rise and bake in 400°F. oven until done and brown.

Number of Portions	200
Size of Portion	1 each

Calories.....	102	Iron.....	0.93 Mg	Protein.....	2.32 G	9.11%
Cholesterol.....	10 Mg	Calcium.....	80.74 Mg	Carbohydrates.....	15.54 G	60.99%
Sodium.....	172 Mg	Vitamin A.....	34 RE	Total Fat	3.43 G	30.27%
Fiber.....	0.51 G	Vitamin C.....	0.10 Mg	Saturated Fat.....	0.80 G	7.08%

Sally Lunn is said to be the name of the first lady who made this bread.

- Submitted by Fayette Co., Division of School Food Services, Lexington, KY.